

IRONWOOD NEWSLETTER

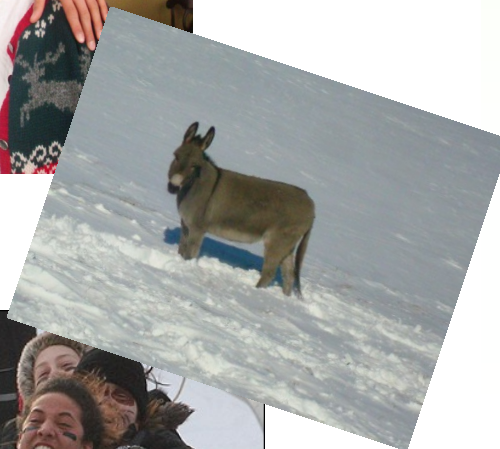


WHAT'S NEW

JANUARY/FEBRUARY 2009

These past two months here at Ironwood have been pretty busy. There has been 5 graduates; Ali, Bryan, Jeremy, Alycia, and Lucas. Magic is pregnant and we have two new additions to our barn family! We have had multiple delicious ethnic nights. On Parent Weekend the quadrille and the music group went very well. Matt was promoted to level 4 and Alycia and Justin promoted to peer leaders. Congratulations to them, they both worked hard for it. Harry was also promoted to level 4 along with Nick. Alex and Alycia both graduated high school! The Farmhouse went to the Camden Snow bowl to compete in the National Toboggan Championships. Some of the farmhouse residents also went to a rescue barn to help muck-out stalls. Tom a past graduate came back and mentored here. It was very nice to see him, again. Joey, Jules, Sam, Gill, Steph, Fiona, Lars, and Andy have all joined us here up on the hill. Read more to see the details of all we've done!

- Alex & Fiona



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Birthdays!
Mark turned 16 in February!
Marissa turned 16

Times
Treatment



ANIMAL UPDATE

The animals here at Ironwood are doing good. Magic is pregnant again and doing well. Her due date is March 18th. Moxie is good. The Frye dogs, Drake and Breeze are loving the outdoors. Petunia had a recent visit to the vet along with Jack after their encounter with the stray tomcat Ghost, both are doing well and are expected to make a full recovery. Foxy, Steph's dog, loves coming to visit us when Steph works. The horses are doing awesome. They are excited for the arrival of their two new friends Lacy and Jitterbug. We received Lacy, a mini donkey like Theo, and Jitterbug, a mini mule. They are both adjusting well to the barn life here. Lugio and the rest of the alpacas are doing their best to enjoy the winter.

JULES



Marissa's Advice

Q: What advice would you give to new people to help them with being so far away from home?

A: It's hard being away from home, and of course Maine weather doesn't make it any easier. When you feel homesick, just talk to someone about it, whether it be your therapist, staff or peers. Talking about it will help you to identify exactly what you miss about home, and maybe how you can over

Q: What's the best way to handle a trip to Frye?

A: Definitely accept it and just work hard to move back up. Don't mope around about it either, but instead make the best of it. The most important thing is that you learn from it.

Q: How does one attain blue?

A: Use the skills that you have been given correctly and efficiently.

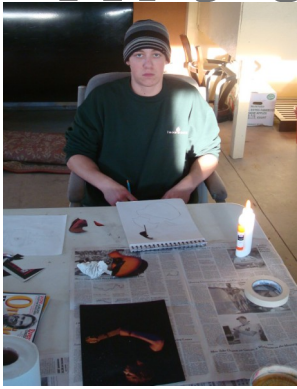
Q: Do you think friends are beneficial at Ironwood or detrimental?

A: That's a hard one. I guess I would have to say that they could be either, depending on what you make of the relationship. I mean, if you get too caught up in your "friends", then it's obviously going to be detrimental. If you support one another and help each other, then friends can be a great thing. I'm not just speaking about Ironwood, but about the real world as well.



Art & Mural Update

By: Trevor



Lars: My Mural Piece consists of a character that I drew a few months ago. He kind of just popped into my head one day while I was drawing and he just kind of stuck. The quote that I picked is “emancipate you mind from mental slavery” by Bob Marley in the song “Redemption song”. To me this quote means that you should not allow media or anything else to put limits or barriers on what you think or say. Art should have

no boundaries and neither should your imaginations.

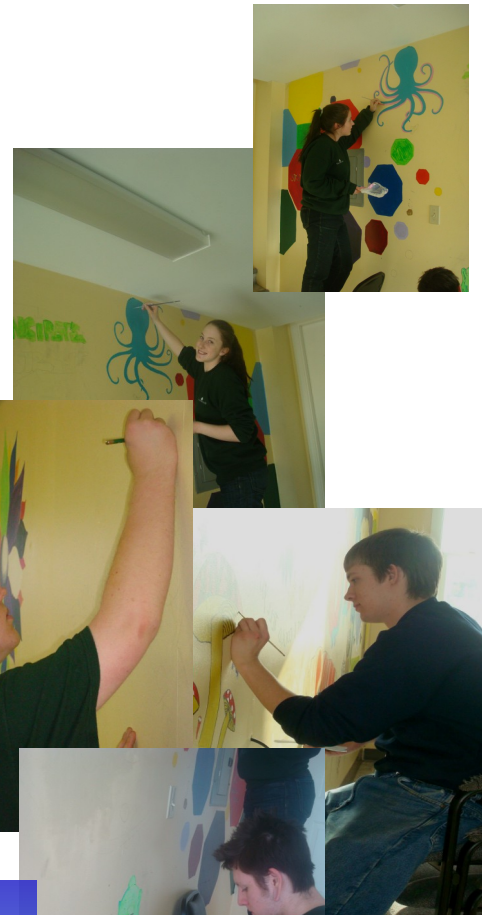
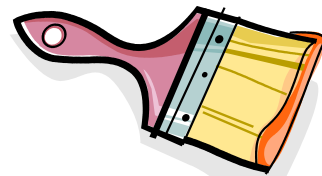
Jules: “I had decided to do the state of

Florida because there are a lot of people from Florida, especially Orlando. So I wanted them to have a piece of Florida with them even While we’re in Maine, and Also I did this because I love Florida.

“The Painting on the mural is something that I believe in a lot. It is a spray paint can spraying a cloud of paint and inside is the quote, “All you need is love”. Even though you need more love to live a prosperous life, love is a big part of life, and it is mostly what you need. “- Adam



Alex– “On the mural I am doing a homage to Buddha and the city. Underneath the Buddha head is a big boom box with speakers. I love the city life. The city inspires most of my art pieces. I’m city girl and always will be. The Buddha head reminds me to always be mindful and the boom box and speakers remind me of my love for music. “



TOBOGGAN CHAMPIONSHIP

This was an epic field trip that I think none of us will forget. The Farm residents took a trip to the Camden Snow bowl to compete in the National Toboggan Championships. When the staff members told us to choose our team names we ended up with; The Super sanes of Budaki, The Ruff Ryders, and Paul Bunyons and the Rainbow Sprinkle. With those names we would take the title of the 2009 National Toboggan Champs. Well at least we were going to try. We were pumped on the day of the race and we all got in the spirit and dressed the part. The Super sanes of budaki were decked all out in the neon orange jumpsuits and jackets that they wear down at Frye. It was crazy. We got to the Camden Snow bowl and we were all shocked at how many people were actually there. It was nuts! We all signed in and got a cowbell with our entry. Poor Matt had to stand on the sidelines due to an injury he acquired while extreme sledding. He later told a news reporter from the Bangor Daily that he had gotten the injury while training at our secret camp in Canada. Wow! Haha At least Caitlin and the cowbell kept him company! We waited in a huge line for about 2 hours, just to go down! Once we got up to the platform the only way out of there was down that chute. It was so much fun. We all got around 9.3 seconds. We didn't take any huge medals or trophies home but we definitely took back with us a memory that we'll all forever remember. Thank you to all of the people who made it possible for us to go on that field trip!



TOBOGGANING



WHAT WAS THE MOST MEMORABLE PART ABOUT TO BOGGANING?

“When you’re about to go down”–
Jules

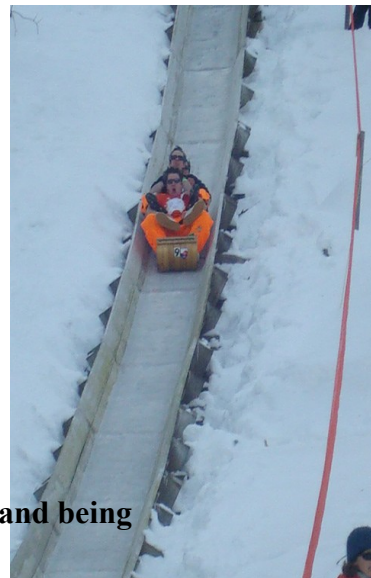
What was the funniest?

“I gotta say the funniest was looking at Harry in the back seat.”
Jules

Most Fun?

“Yelling, screaming, and being loud.”- Trevor

“Seeing your reactions after you came down the chute. Also standing in line with you all.” -
Darren



We accidentally took someone's Toboggan...TWICE.



Farmhouse Music



By Joey



Coming to Ironwood, I wasn't sure if I was going to be able to express my musical ability in my six to nine months that I would be spending here. Becoming more settled in down at Frye, I came to realization that I was not the only musician here and that Ironwood had a music program that needed a little “pick-me-up”. This began with Lisa, a daytime manager at Frye, hosting music groups once or twice a week. She would bring in two thick binders filled with fun, sing-along tunes and chords to go with them. Accompanied by a few other residents, Lisa and I began to put a lot of time and effort into music group, making it fun and something to look forward to for all of the residents and staff. “Music group was a really relaxing part of the day, and it was always a fun and positive experience”, says Sam, a fellow guitar player and resident at Ironwood.

For the Parent weekend of January 23rd 2009 we put together a performance for our parents and family. Practicing three to five times a week for the few weeks prior, we collaborated together and made a list of five songs and practiced them vigorously. We received multiple standing ovations from family members and much praise from staff upon completion of our performance. This marked a beginning to a thriving music program at Ironwood.

The next parent weekend, March 6-8, included music groups both at Frye and the Farmhouse. “A performance like no other”, comments Trevor, a well seasoned bongo and thriving ukulele player. Yet again, much applause and praise was given by the parents and family of those who participated. Now, Ironwood boasts a growing music program that shows signs of continual improvement and participation from the residents. Playing and performing music can be very therapeutic and the newly formed music groups have been conducted appropriately, not using any songs relaying bad messages or language. Harry once said, “music group gives us kids a chance to band together and see what it’s like to produce music, it was really fun and it was a great opportunity.”



Journey to the Farmhouse: Sam

My journey to the farmhouse began October 20 2008. I was not sure what to expect when I first arrived. On impact I immediately figured out that, I had done wrong at home but I just wanted to go home and fix everything, not sit in a circle tending to a fire for three days. So once I had gotten over that and started doing my assignments, I got off impact and started towards my yellow.

I spent 52 days in orange trying to figure stuff out, but once I just started following the rules, it became a lot easier. Soon I began to understand why the rules were in place and began to follow them for my own reasons. One night Drake was "being a nuisance" at the lodge, so he had to be called over to the boys bunk. He came in with a yellow sweatshirt tied around his neck with "Sam" written on a piece of duct tape on the back of it. I was overjoyed.

I spent a long time in orange, which on New Years Eve turned purple. I coasted in the program for a while, thinking that if I just did the bare minimum and followed the rules I would get up to the farmhouse in no time. That, however, was not the case. I still had quite a bit to learn. I figured out that one crucial piece for myself was honesty. So I started being honest all the time and sharing with people how I felt. I still got consequences, although because I was being honest, I received a lot more trust and a lot more respect. Ironwood became totally different for me, it was no longer a program, it was a part of my life. I realized that Ironwood was an incredible opportunity for me to learn things that would help me for the rest of my life, and my parents sent me here to help me, help myself to stay out of trouble. At the point that I discovered all this for myself, I started working on my issues, trying to be a leader and helping out my peers. I soon discovered this was something that I needed to do in order to move even closer to going home.



One day in school, I was called out to therapy. At the time I was frustrated because I had been slacking a bit on the rules a couple weeks before so I thought that I wasn't going to get my papers yet, but I didn't know what else I could do. Bill stopped me on my way out the door and put something in my coat pocket. He told me, "Don't let me down, and more importantly don't let yourself down." At first I was confused, but as I was walking down to the lodge, I reached into my pocket and my papers were there. I was so excited that I wanted to do a jig or something. I tried to keep it a secret but I couldn't hold in my excitement so I told everyone at lunch. I spent probably a total of six hours working on my speech. It was Thursday and I felt completely ready. I couldn't concentrate in school. All of the sudden I was there, standing in front of Lisa, all the therapists, and a few parents telling them all my newfound skills and how I intended on applying them.

About two hours later I was packing my things. I said goodbye to my fellow residents of Frye and picked up my unusually heavy bag. I looked up the trail with a deep breath, I began ascending up the trail as quickly as I could. With my bag as heavy as it was and the snow knee deep, it was an insanity coming up that trail. I could hear yelling at the other end though and I wanted to get there so badly that I wasn't going to let anything stop me. The closer I got the more exhausted I was but I just kept on pushing. Soon, I came out of the woods to see the farmhouse in front of me. I stopped for a second to take it all in. This is what I had been working towards for the last 115 days. I had a whole new set of challenges, new staff and new environment to move into, and I felt entirely ready and excited to take it all on.



JANUARY

Staff of the Month: Chris

By: Kelsey

Q: What is the best thing about working at Ironwood?

A: The best thing is coming to help out the kids and make a difference in their lives and helping them get back on the right track.

Q: What did you want to be when you were little?

A: When I was really little I wanted to be a priest or baseball player... or rock star

Q: Where is the best place that you've been so far?

A: CALIFORNIA Got a lot of good memories growing up there.



Q: What is one of your favorite memories of all time?

A: Being there when my first son was born.

Q: What inspired you to grow the fumanchu?

A: I think it makes me different from others

Q: What was your first job?

A: A bus boy at my aunts restaurant

Q: Do you have a favorite quote?

A: yes. "It is What it is"



Resident of the month: Alycia

By Adam



The resident of the month has a lot to say. Her favorite color is pink and her animal of choice at Ironwood would either be Drake or Peanut. A quote that she lives by and encourages others to live by is, "Only God can judge me." Alycia's favorite candy is "definitely Fun-Dip", she says. Alycia's favorite cereal is Lucky Charms. A last statement by Alycia is "I am excited to leave, and I will miss you all, I love all of you."



Field Trips & Ethnic Nights



Residents at the farmhouse love to go on field trips. One of the field trips some of us went on was going to the Last chance Ranch. We helped out horses that got rescued, we baked them some treats and they loved them. It Was a nice opportunity working with the horses in Maine, and we also brought them some hay and grain. The horses and the owner appreciated us coming there and helping out. We also got the experience of going to Kristy's trainer's barn we got to see how other barns were run and we also got to ride other horses. She answered all of the questions that we had and we also gained some more knowledge about horses. We had a lot of fun and we also went tobogganing. We all had teams of four. We dressed up and had a lot of fun, even though none of us qualified. Some of us even got our pictures on the newspaper.—Nick



Recently Kelsey, Trevor, Jules, and Mark had their ethnic nights.

Kelsey's night was Hawaiian night. She loves Hawaii. She had gone on vacation in Hawaii before and fell in love with it. Se wants to go back some day. Her menu consisted of: Mochiko chicken, barbecued pineapple and ham skewers, Pineapple rice, and banana pineapple punch. Fiona says, "It was really tasty./delicious."

Jules' ethnic night was Chinese night. His menu consisted of Orange chicken, sesame chicken, fried rice, pork dumplings, and fortune cookies. Ian tells me that," it was awesome."

Trevor chose Jamaica as his ethnic night. Trevor really enjoys the food and it's culture. His menu had jerk chicken, rice & peas, corn bread, and mango smoothies on it. Joey said that, "it was a really fun time", for him," The food was really good and I learned a lot about Jamaica."

Mark chose Japan to be his ethnic night. Japan is some thing him and his friends got into at home and so he thought, why not Japanese for his ethnic night. Plus they have really good food. Fried shrimp, fried rice, fried noodles, and rice noodles were on his menu. Sam says, "I thought the pokemon and dragon ball z pictures were cool and the food was delicious."



FEBRUARY

By: Andy

STAFF OF THE MONTH: ERIN

Q: How did you find Ironwood?

A: I found it through Kristy, we both go to school together.

Q: How do you like working at the farmhouse?

A: I like it, I get to see everything come together and what you all have learned.

Q: How old is your dog Harley?

A: Harley is six

Q: How long have you worked at Ironwood?

A: For almost two years.

Q: Do you like sunshine the pig?

A: Yes I do

Q: Who is your favorite horse here?

A: I would have to say Justin.

Q: Do you have any advice for us?

A: Be open to grow and change

Q: What is your favorite color?

A: Purple



RESIDENT OF THE MONTH: MATT

Q: Are you excited to be resident of the month?

A: Sure.

Q: Why do you think you were chosen?

A: Uh...because I've been working hard.

Q: So how does it feel to be blue?

A: Really amazing. I've waited my whole ironwood stay for this

Q: So what's your favorite thing about ironwood?

A: Uh...probably seeing myself and others change.

Q: Do you want to say anything to the current and future kids of Ironwood who will read this?

A: Probably just, do the best you can and good luck

Q: Cool, That's all. You can go back to your knitting now.

A: Sweet



Stephanie's Journey to the Farmhouse

I got to Ironwood on November 29, 2008, and since that day I have been working towards getting my green and being at the Farmhouse. While down at Frye I worked on myself and my family a lot.

I got my promotion papers on my 84th day. Lisa gave them to me during lunch, and it was a complete surprise. Presenting for level three was probably one of the hardest things I've had to do here, yet. I was really nervous about it, but it ended up going really well. I have been up here for a little over a week, and its going really well so far. I'm just trying to take it day by day, and not get overwhelmed. What I am most looking forward to is parent weekend, which is coming up really soon. Being a level three and being able to go off campus and spend time with my family is going to be great. I am looking forward to all the activities that we do up here.





Home Visits!

When residents get their blue they go on a trip back home for a week, called a home visit. This trip usually tests their skills that they have learned here at Ironwood. The most recent residents to go on their home visit were, Harry, Justin, and Alycia. They all had a great time but were also happy to return here. I am probably going on my home visit soon and I'm not worrying at all because I know that I will do well. I'm really looking forward to seeing all of my family and friends but also feasting on all the sweets and good food. Justin says, "Take it easy but not too easy." Harry says, "It's a good preview of what life at home will be like when I am at home for good." Nick had a good time repairing the broken relationships with him and his family and hanging out with his friends. Overall though, all of the residents were happy to be home for a little. - Matt



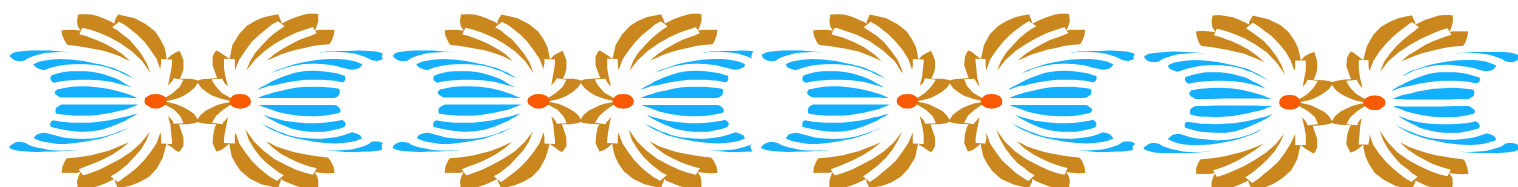
Parent Weekends

Last parent weekend, in March, went really well for everyone. The yellows got to show their parent the campus and they were shocked at how happy they were to see their families. The oranges typically have school on parent weekend but this time they enjoyed playing board games and guitar.

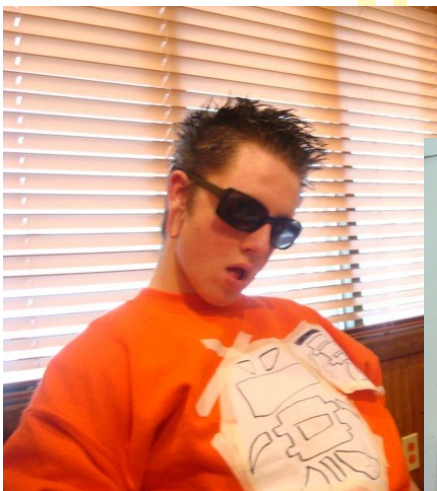
Up at the farmhouse we get to go off campus with our parents. Most families stayed at the Comfort inn, and some of the residents went swimming. Sunday morning the green residents all ate breakfast Dudley's Diner in Belfast. Some people went to the mall in Bangor, or the Snow Bowl in Camden, and some decided to stay out at Rollie's in Belfast. The blue's (and Trevor) had a good weekend without parents coming, which included snowmobiling, ice cream, and snowball fights.

Parent weekend is a look into the future as the residents build healthy relationships with their parents. The caffeine and greasy hamburgers are only the icing on the cake. - Justin

Well to start off, Parent weekend is the release I get after a stressful month has just passed by. It is very cool to see my family. It is also a good time to reflect on your whole Ironwood stay and see how far you have come. For greens and blues at the Farm, going off campus is just a small lick of what being in the real world with people and your family is going to be like. In family therapy, you talk with your therapist and family about pressing issues or just things that are going on within your family. Once you leave campus, you can see what it is like to have these types of therapeutic conversations with your family without a therapist present. During the time off campus, for residents, it is a major test of integrity because there are chances to use substances or smoke cigarettes, but you just have to be strong and look back on how far you've come. And to end this, the vitamin waters and brownies are the best thing, well one of the best things about parent weekend. - Harry



PICTURES!

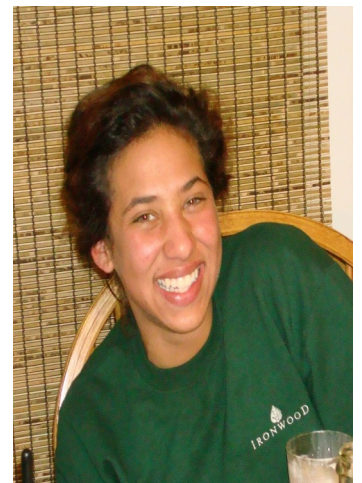


More Pictures !



Letter from the Editor

Hi, My name is Alex. I'm 17, from Florida, and I've been here for 8 months. My favorite things to do are painting, drawing, and riding classes with Kristy! I really enjoyed working on the Treatment Times. I liked working with Fiona on the layout and design of the newsletter. I think it came out better than we expected! We put a lot of hard work and effort into this. I'm definitely going to put this on my college application! I've learned a lot from this. How to work as a team, respect deadlines, and be creative. I'd like to thank all of the residents and staff who have helped me with this. This newsletter would not exist! — Alex



Editor's Note

My name is Fiona. I am from New York City and I have been at Ironwood for six months. My favorite color is glow in the dark and my favorite animal is Theo. Helping Alex put together this newsletter was stressful at times but over all, it was a lot of fun. It was very rewarding to see it develop and to see the final outcome.

